

WEEK eight

The Kick-start Plan shopping list

We've compiled the shopping list for week eight's dinners, so you don't have to. Just tick off what you have already in your pantry and cross off any leftover items from the week before.

MEAT FREE

MONDAY



Kumara rosti with vegetarian beans
(healthyfood.co.nz)
1800kJ (429cal)

TUESDAY



Choy sum, chicken and prawn noodle soup
(healthyfood.co.nz) 1720kJ(410cal)

WEDNESDAY



Tuna and white bean salad with lemon mayo
(healthyfood.co.nz)
1650kJ(394cal)

MEAT FREE

THURSDAY



Carrot, spinach and courgette fritters with creamy feta dip (healthyfood.co.nz)
1690kJ(405cal)

FRIDAY



Moroccan chicken with chickpea dip and grilled carrot salad
(healthyfood.co.nz) 1630kJ(390cal)

MEAT FREE

SATURDAY



Tasty tofu burgers
(healthyfood.co.nz)
1700kJ(406cal)

SUNDAY



Steak with nutty kale
(healthyfood.co.nz)
1700kJ(408cal)

ABOUT THE PLAN

- With our mix-and-match menu plan you'll average around 6500kJ (1550cal) a day. That's suitable for a woman of around 165cm tall aiming to lose weight. Eating less is not advised.
- Men, active and bigger people and those not wanting to lose weight need more energy, so simply increase portion sizes. One-third more food again will average around 8700kJ (2070cal) a day; about right for a 179cm tall guy wanting to shed some excess kilos or a woman wanting to maintain her weight.
- Just as energy use varies each day, so does energy intake. Get the balance right by focusing on portion sizes and being fully conscious of how full you are or how hungry you feel.

PANTRY AND REFRIGERATOR STAPLES

Check your pantry and fridge are stocked with the essentials

CANNED, BOTTLED, PACKAGED

- ☐ balsamic vinegar
- ☐ liquid honey
- ☐ oil (olive, sesame, spray)
- ☐ reduced-fat mayonnaise
- ☐ reduced-salt chicken stock
- ☐ reduced-salt soy sauce
- ☐ reduced-salt vegetable stock
- ☐ sweet chilli sauce

DRY GOODS, HERBS AND SPICES

- ☐ black pepper
- ☐ flour (plain, self-raising)
- ☐ garlic
- ☐ ground cumin
- ☐ paprika
- ☐ coarse salt

CHILLED AND FROZEN

- ☐ low-fat plain yoghurt

HIT THE SUPERMARKET

PRODUCE

- ☐ small bag baby rocket
- ☐ 12 button mushrooms
- ☐ ½ cabbage
- ☐ capsicum
- ☐ 12 carrots
- ☐ 2 bunches choy sum
- ☐ coleslaw mix (or use last week's leftover)
- ☐ 5 courgettes
- ☐ eggplant
- ☐ fresh coriander (or use last week's leftover)
- ☐ fresh flat-leaf parsley
- ☐ fresh ginger (or use last week's leftover)
- ☐ fresh mint
- ☐ 300g green beans
- ☐ bag kale
- ☐ 350g kumara
- ☐ 6 lemons
- ☐ bag mixed salad greens
- ☐ 4 onions (2 brown, 2 red)
- ☐ 4 parsnips
- ☐ 300g potatoes
- ☐ 400g pumpkin
- ☐ bag spinach
- ☐ 2 bunches spring onions

CANNED, BOTTLED, PACKAGED

- ☐ can beetroot slices
- ☐ 2 x 400g cans chickpeas in spring water
- ☐ 300g dried soba or udon noodles
- ☐ 300g firm tofu
- ☐ 400g can four-bean mix in spring water
- ☐ 4 grainy burger buns
- ☐ macadamia oil
- ☐ 400g can no-added-salt cannellini beans
- ☐ 400g can no-added-salt chopped tomatoes
- ☐ pine nuts
- ☐ sherry
- ☐ 425g can tuna in spring water
- ☐ 4 large wholemeal pitas

POULTRY, MEAT, SEAFOOD

- ☐ 150g chicken breast
- ☐ 500g chicken tenderloins
- ☐ 4 lamb leg steaks (450g)
- ☐ 240g raw prawns, shelled with tails

DAIRY, EGGS

- ☐ edam
- ☐ ½ dozen eggs
- ☐ feta

Match with breakfast, lunch and two snacks from options on pages 8-11 in the October Kick-start Plan booklet, or at healthyfood.co.nz/KSPlan

Serves vary. Halve or double recipes where necessary, or just reuse recipes that suit your needs. *Note: Recipes serve four unless specified.*